



YOUR FAMILY CAN TRAVEL THE WORLD THIS LENT— WITHOUT LEAVING YOUR DINNER TABLE.

Let CRS Rice Bowl be your ticket to global solidarity as you **pray, fast, learn** and **give** this Lent in order to change the lives of our brothers and sisters in need.

All you need is a CRS Rice Bowl and a Lenten Calendar!

Keep the CRS Rice Bowl near your family dinner table during Lent so that you can refer to it each night.

PRAY using the Lenten Calendar and the CRS Rice Bowl app. What is the day's message? How does it connect to the life of your family?

FAST together. How is your family's Lenten fast going? How will it affect your lives today, tomorrow and after Lent?

LEARN about the people for whom this week's Lenten prayers are being offered. Read and discuss the Story of Hope. Who is your family helping this week? Where do they live? What do they do?

GIVE the suggested donation to your CRS Rice Bowl from the Lenten Calendar. Why is it important to give to others? How can you continue giving back even after Lent?

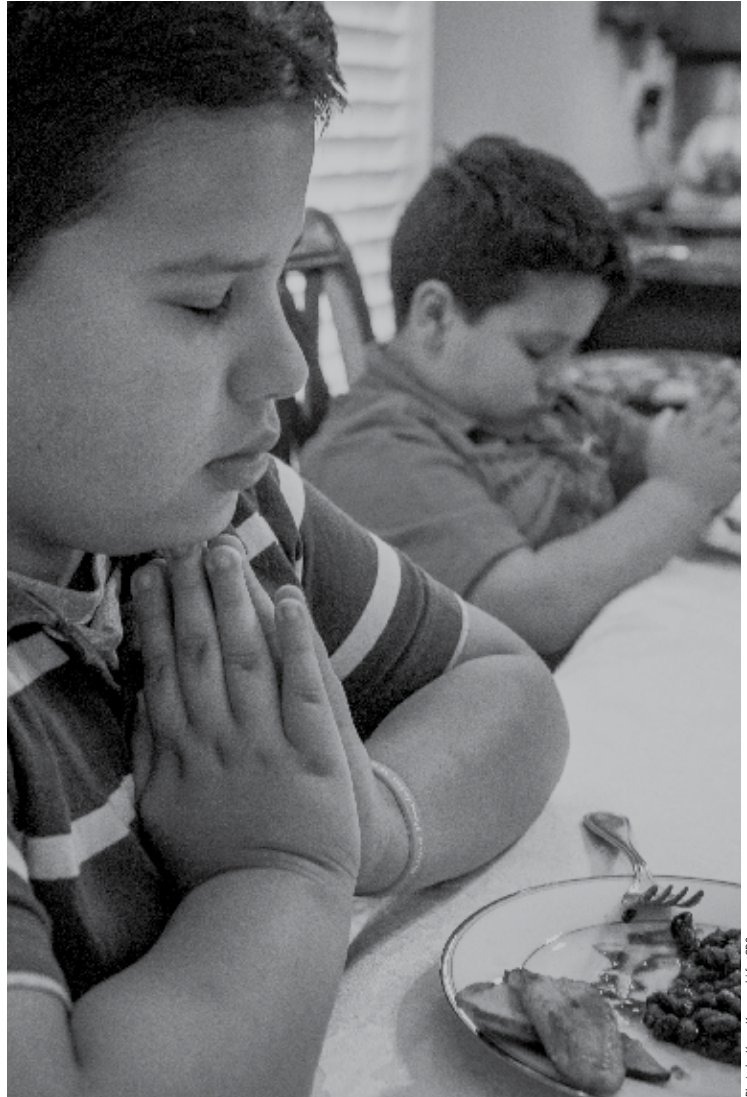


Photo by Karen Kaszinski for CRS

Find videos and more resources at crsricebowl.org



Download our app!

